

## **AMENDMENTS TO THE CLAIMS**

This listing of the claims replaces all earlier versions.

Please amend the claims as follows.

1. (currently amended) An easily dismantled, free-standing, rotatable and transportable support apparatus useful for physical training comprising:
  - a moveable support base,
  - a rotatable shaft extending upward from the support base,
  - a bearing locator for positioning at least one bearing for the shaft above the support base,
  - a transverse member secured to the shaft and spaced from the support base,
  - a training target suspended from the transverse member laterally spaced from the shaft, and
  - an electric motor for rotating the vertical member.
2. (currently amended) The apparatus of claim 1 wherein the support base comprises a flat movable plate.
3. (cancelled)
4. (cancelled)
5. (cancelled)
6. (currently amended) The apparatus of claim 1 wherein the support base comprises three or more outwardly extending horizontal legs.
7. (currently amended) The apparatus of claim 1 wherein the transverse member is reinforced with detachable truss supports.

8. (original) The apparatus of claim 1 wherein a length from the shaft to a farthest end of the transverse member is greater than a distance from the shaft to a furthest point on the periphery of the support base.
9. (cancelled)
10. (currently amended) The apparatus of claim 1 wherein the motor is a portable reversible motor.
11. (currently amended) The apparatus of claim 10 wherein the motor is a portable variable speed motor.
12. (currently amended) The apparatus of claim 11 further comprising a portative controller for the motor.
13. (currently amended) The apparatus of claim 12 wherein the controller is a portable local control, a remote control, or a detachable programmable control mechanism.
14. (currently amended) The apparatus of claim 1 wherein the training target is detachable and interchangeable, comprises comprising a heavy bag, a punching bag, or a speed bag.
15. (currently amended) The apparatus of claim 1 wherein the training target is detachable and interchangeable, comprises comprising polymer foam.
16. (currently amended) A method for conducting physical training with the apparatus of claim 1 comprising:  
transporting the apparatus to a location suitable for training,  
positioning the apparatus on a floor of a training area,  
assembling the apparatus to the specifications of a trainee,  
rotating the target in a circular arc around the shaft with the electric motor while a trainee spars with the training target. , and  
disassembling the apparatus for use in another training location.

17. (cancelled)

18. (cancelled)